

BEING STRESSED OR ANGRY IS NO FUN AND CAN FEEL SCARY!

It's hard to deal with everything that life throws at you without occasionally getting mad or stressed out.

Keeping feelings inside can make them worse.



There are things you can try to help deal with uncomfortable feelings, like:



Slow down your breathing.



Imagine building a wall between yourself and the emotion.



Change your thoughts by counting to 10 or reading something that interests you.

Focus on using your other senses. How about:

- holding ice in your hand
- squeezing a stress/rubber ball
- standing under a hot, high-pressure shower
- listening to loud music
- putting a rubber band on your wrist and snapping it
- getting active - go for a walk

Remember each person is different and won't have exactly the same feelings as another person, even if they've had similar experiences. Everyone's feelings are important and real for them. It can help to talk about your feelings.

If you still need help to deal with your stress or anger, TALK to a trusted adult like your parent or a teacher.

OR

Call the Helpline at 1-800-852-3388

For more Fact Sheets please go to www.ParentHelpNH.org



Children's Hospital at Dartmouth, Injury Prevention Center, NH Department of Health and Human Services, NH Department of Education, NH Pediatric Society, SAFE KIDS NH & Partnership for a DrugFreeNH.org